

## CLAIMS

1. An antioxidation food product having an antioxidation action in the living body including the interior of a digestive tract, comprising a fermented product produced by adding a manganese-containing natural material and fermenting with bacteria having a catalase activity.

2. The antioxidation food product according to claim 1, wherein the bacteria having a catalase activity are Lactobacillus plantarum.

3. The antioxidation food product according to claim 1, wherein the manganese-containing natural material is a tea.

4. An antioxidation food product having an antioxidation action in the living body including the interior of a digestive tract, comprising a dried product which contains bacteria having a catalase activity, and a manganese-containing natural material.

5. An antioxidation preparation having an antioxidation action in the living body including the interior of a digestive tract, comprising a bacteria cell having a catalase activity, and a manganese-containing natural material.

6. An antioxidation method in the living body including the interior of a digestive tract, which comprises ingesting a fermented product produced by adding a manganese-

containing natural material and fermenting with bacteria  
having a catalase activity to express a superoxide dismutase-  
like activity and a catalase activity, simultaneously.

5 Add a<sup>19</sup> >

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